

Thriving Under Stress!



Excess stress is a common reality among first responders. While not all stress is bad, unmitigated stress can negatively affect your physical and mental health, morale, and job performance. Check out these techniques to help you manage your stress and operate at your best:



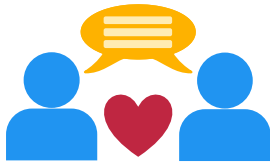
1. Take Care of Yourself Physically

Eat healthy, nutrient-dense meals, exercise regularly and sleep at least 7 or more hours per night.



2. Take Time to Center Yourself

Try journaling, mindfulness, prayer, deep breathing, spending time in nature and artistic expression.



3. Prioritize Relationships and Quality Time

Talk to your family and friends about how you are doing. Take time to do fun activities together.



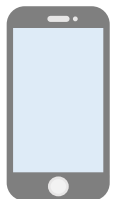
4. Focus on Fun

Whether it is sports, watching movies or playing an instrument, prioritize the hobbies you enjoy most.



5. Avoid Drugs and Alcohol

These may seem to help, but they are highly addictive, destructive, and only make stress worse.



6. Make the Call

Many first responders struggle silently with stress and burnout. It is okay to seek professional help.